



AUGUST 2016

****menu subject to change****

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
←=====CANOE JOURNEY—LUNCH @ CASINO=====→						
7	8	9	10	11	12	13
	Tuna Casserole Wheat Bread Broccoli Spears Cottage Cheese/Fruit		Pork Schnitzels Mashed Potatoes Fried Cabbage Fresh Fruit	Beef Stroganoff Buttered Noodles Veggie Blend Fresh Fruit	Sweet & Sour Meatballs Brown Rice Glazed Carrots Fresh Fruit	
14	15	16	17	18	19	20
	Meatloaf Mashed Potatoes Green Beans Fresh Fruits		Beef Stir Fry Sticky Rice Veg. Egg Roll Fresh Fruit	Coconut Chicken Sweet Yams Roasted Veggies Fresh Fruit	Sausage & Sauerkrauts Oven Potatoes Green Beans Fresh Fruit	
21	22	23	24	25	26	27
	Yankee Pot Roast Potato Medley Peas & Carrots Jello/Fruit		Baked Salmon Oyster Stew Wild Rice Pilaf Roasted Kale Fresh Fruit	Bacon, Ham, Biscuit, Sausage Gravy, Breakfast Potatoes, Fresh Fruit	Roast Turkey Mashed Potatoes Roasted Veggies Fresh Fruit	
28	29	30	31			
	Pulled Pork Wheat Bun Coleslaw Jello/Fruit		Balsamic Chicken Brown Rice Pilaf Veggie Blend Fresh Fruit		Green Salad & Milk Everyday. Wheat Bread as Needed.	